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MN022001. Roosevelt Sailors Get Vision-Improving "Thanks"
MN022002. Great Lakes Galley Cuts Fat, Adds Health and Taste
MN022003. TRICARE Online in Full Operation at Cherry Point
MN022004. Pensacola Dedicates New Maternity Suites to First Users
MN022005. HM2 Melinda Mangano, Come On Down!
MN022006. Phantom Menace: Hypertension Can Be Symptomless
MN022007. TRICARE SMART Website Offers Easy Access to Products
MN022008. Healthwatch: Hints For A Better Night's Sleep
-usn-

MN022001. Roosevelt Sailors Get Vision-Improving "Thanks"
By JO2 Duke Richardson, Naval Medical Center Portsmouth, Va.
PORTSMOUTH, Va. - Thanks to Naval Medical Center Portsmouth's
Refractive Surgery Center, some Fleet Sailors may be able to toss their
spectacles.

During June and July, 60 USS Theodore Roosevelt (CVN 71) Sailors will
have the opportunity to have their vision improved with refractive eye
surgery.

"This ship recently set the consecutive days at sea record ... and this
is our way of saying thanks," said Mary Mitchell, clinic manager and
surgical coordinator of Portsmouth's refractive surgery program. "While
they were out (on deployment) we were contacted by their medical department
asking how their Sailors could go about getting refractive surgery. Seeing
this as an opportunity to support and help the Fleet, we offered to give
them a set number of surgery (time slots)."

Mitchell stresses that the ship didn't ask for special treatment.

"It was something we thought we could do to help support the ship," she
said.

This is not the first time the clinic has aided the Fleet by offering
the vision-correcting surgery to Sailors aboard ships.

"Last summer we sent a message to the Fleet letting them know that in
an effort to support them, we wanted to start a ship-of-the-month program,"
she said. "With that, we pick a ship a month and give them 30 appointment
timeslots, which is roughly one-third of the total (surgeries) we do."

The response has been so terrific, and the clinic enjoyed helping the
ships' crews so much, that the ship-of-the-month program has been expanded
to two-ships-of-the-month.

The clinic leaves scheduling and selection of who gets screened for the
surgery up to the ships.

"We let the ship know we have 30 slots available for them and would
like to see a (variety) of Sailors from different shipboard occupational
fields come in," said Mitchell. "We get a good mix of different kinds of
people at different ranks doing different kinds of jobs."

Mitchell said that the clinic hopes ships will send Sailors who will
benefit the most from the vision-improving surgery, such as those who work

on flight decks or in unusually dirty and hot spaces where glasses and contact lens can get dirty quickly.

"But we realize that all shipboard occupations have the potential of being hazardous and, we are more than happy to take care of anybody," she said. "This is a great program and we look forward to doing more for Fleet Sailors."

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MN022002. Great Lakes Galley Cuts Fat, Adds Health and Taste

By Jan Davis, Bureau of Medicine and Surgery

GREAT LAKES, Ill. - The Naval Hospital Great Lakes galley is serious about the battle against the bulge.

According to Naval Hospital Great Lakes dietitian LCDR Lea Beilman, MSC, carrying extra pounds is linked to diabetes, heart disease, high blood pressure, and some cancers. It has reached epidemic proportions, and is well on its way to causing as many health problems as tobacco usage. Even if you're not overweight, poor eating habits - eating foods high in fat and sodium, low in fiber and important nutrients such as calcium - can increase your chances of health problems later in life.

Unfortunately, many see healthy and lean eating as the equivalent of doing Zen penance. But Beilman, along with two other registered dietitians on staff, ENS Nicole Hoffman, MSC, and LTJG Leeann Boyklin, MSC, are fighting that image by showing patrons that food that's good for you can taste good, too.

The three teamed with MS1 Raul Anaya and other food services staff in the galley, and together they planned tasty, healthful foods. Turkey chili potato bar, chicken vegetable cheese pizza and grilled chicken breast sandwiches have replaced hamburgers and French fries in the speed line. Chicken stir-fry, chicken fajitas and Greek lemon pasta were served up as entrees. Warm bagels and fresh fruit muffins appeared on the breakfast bar instead of donuts and cinnamon rolls. The deep fat fryers, a key part of the galley's cooking previously, is now cold.

"We started out doing it just for March, which is National Nutrition Month," said Beilman. "Three weeks in advance, we went to the galley cooks and told them what we wanted to do. We asked them what they needed to make the transition. They had the skills to make the new, healthier dishes. They just asked for some new spices."

According to Beilman, while the mess specialists and civilian cooks were pleased to have the chance to show off their skills more fully, they warned that patrons wouldn't like the new menu.

"They said, 'People like their burgers and fries,'" said Beilman.

During March, Beilman carefully monitored galley usage, and also surveyed patrons about their opinion of the new menus. She also monitored costs. At the end of the month, she found no drop in use or costs, and high patron satisfaction. Based on this, the galley made the leap of faith to stick with the new, healthier menu permanently.

"Now I get comments from people saying, 'It's about time, it's a hospital, after all!'" said Beilman. "And my own staff loves it. They eat at the galley, they enjoy the food. My co-worker Eileen Tarwid tells me she's lost weight."

Beilman said the new menu hasn't cut hospital staff and Sailors attending Hospital Corps School completely off from burgers and fries. A fast food restaurant specializing in high-fat, high-sodium, low fiber foods is nearby. But Beilman noted what she hopes is a new trend.

"I see a lot of the (fast food restaurant) staff eating in our galley more than they did before," she said.

For information on how Beilman trimmed fat and increased healthy eating

at her galley, contact her at 847 688-4723.

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MN022003. TRICARE Online in Full Operation at Cherry Point
By LCPL Chris Flurry, Marine Corps Air Station Cherry Point, N.C

CHERRY POINT, N.C. - Marines, Sailors and their families can now schedule their medical appointments at Naval Hospital Cherry Point with the click of a mouse.

Through a combined effort between TRICARE and the hospital, TRICARE Prime members can now schedule and manage routine appointments through TRICARE's homepage and the E-health service.

"(E-Health) is the future, and it is here," said CDR Efren S. Saenz, MSC, the hospital's director for administration. "It's another way for our patients to access their appointments."

Cherry Point originally began accepting appointments via the Internet in October 2001 and was later selected as one of four military treatment facilities to serve as a beta test site for the program. Lessons learned from Cherry Point and the other three facilities will help make refinements of online appointment scheduling available throughout the Department of Defense.

E-health allows patients to schedule an appointment up to 28 days in advance in real time - that is, they see the same information as a TRICARE appointment scheduler would see at the same time. This helps beneficiaries receive an appointment that best fits their schedule, Saenz said.

"It definitely cuts down on the wait you may have (by other means of scheduling appointments,)" said Gunnery Sgt. Gary D. Whitaker, Marine Wing Support Squadron 271 supply chief. "You can just go online and do your appointments."

In addition to providing patients the ability to schedule an appointment 24 hours a day, 7 days a week, TRICARE Online provides a wealth of information on hospital physicians, medications, illnesses, explanation of technical terms, and TRICARE policies.

"There's so much information on TRICARE Online that you can sit there as a patient and learn," Saenz said. "It's available to beneficiaries wherever they have Internet access."

To add convenience to the E-health program, Cherry Point recently added an Internet customer service center.

"It's great for people that don't have computer access at home," said Kelly Cundiff, hospital marketing director. "Plus, it's convenient for people that are already here."

Patients must complete an online registration before using E-health for the first time. The registration process takes about 10 minutes, and includes basic questions, such as name, address and telephone number. After that, a beneficiary can access their appointment information in a matter of seconds by just entering a username and password.

"It's a simple process, and it's available right there at the hospital (or wherever you have Internet access,)" said Whitaker. "It's good they started something like this."

For more information on the E-health system, visit TRICARE Online, www.tricareonline.com.

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MN022004. Pensacola Dedicates New Maternity Suites to First Users
By Rod Duren, Naval Hospital Pensacola, Fla.

PENSACOLA, Fla. - Recently, Naval Hospital Pensacola cut the ribbon to their newly renovated maternity ward, opening six maternity suites. The new suites were designed and equipped to handle an expectant mom (and family)

from labor to delivery. And, instead of being assisted by many different staff personnel, the new mom would have the same staff member from beginning to end.

Once training was complete and the suites were ready for use, the creative decision to make each suite especially personal was announced: Each suite would be named after the first child to be born there.

The new labor, delivery, recovery and post-partum maternity suites were operational at 3 p.m. on April 23 and are named:

- Shelby's Room, in honor of Shelby Jean Booth, born April 23 at 11:05 p.m. to Doyle Booth Jr. and LCDR Deborah Gregory, NC. Gregory works in the OB/Gyn Clinic at Naval Hospital Pensacola.

- Evan's Room, in honor of Evan Lorne Schnell, born April 24 at 6:39 a.m., to CDR David and Gina Schnell.

- Madyson's Room, in honor of Madyson Rovendro, born April 25, 6:36 a.m. to CTMC John and Katherine Rovendro.

- Ryan's Room, in honor of Ryan Tucker Lawton, born April 25, 2:53 p.m. to 1st LT Garrett and Trisha Lawton.

- Keagan's Room, in honor of Keagan Anne Samuels, born April 25 at 7:45 p.m. to 2nd LT Kevin and Kathleen Samuels.

- Natalie's Room, in honor of Natalie Marguerite Gilbert, born April 26 at 3:15 p.m. to LT Kenneth Gilbert and Rosemary Malcolm.

A plaque will be placed on the door of each suite bearing the child's name, date of birth and parents' names.

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MN022005. HM2 Melinda Mangano, Come On Down!

By JO2(SW) Terrina Weatherspoon, Naval Medical Center San Diego

LOS ANGELES - Come on down! That's what "The Price Is Right!" host Bob Barker called to HM2 Melinda Mangano of Naval Medical Center San Diego recently. She ended up one of the big winners on the special primetime version of the show that will air Friday, May 17.

Mangano drove to Los Angeles with two friends to be a part of the game show.

"They were doing a special prime time show for each of the four branches," said Mangano. "The entire audience was active duty Navy. The producers did a one-minute interview with you. They wanted to see your energy and personality come through during the interview."

Mangano had a winning personality, and she was one of the few audience members chosen to compete to get the opportunity to come on stage.

"We were bidding on a laptop computer," said Mangano. "I bid one dollar and because everyone else over bid I won my way on stage," said Mangano. Once on stage, she got to play for a big-ticket item. "I was playing for a Cadillac."

Mangano won the car, worth more than \$50,000, but you won't see her driving it.

"I went to the show with two other (hospital) corpsmen from my work place," said Mangano. "We made a pact that if any one of us won something we would split the winnings."

In addition to winning the car, Mangano has another reason for celebration.

"I won the car on a Monday and on the following Thursday I received a call from the admiral (RADM James A. Johnson, MC, Commander, Naval Medical Center San Diego) telling me I was chosen as Junior Sailor of the Quarter. It's been an exciting week!"

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MN022006. Phantom Menace: Hypertension Can Be Symptomless

By LT Michael Wentworth, MC, U.S. Naval Hospital Keflavik, Iceland

Here's a riddle for you.

What illness is common and potentially life threatening, yet easily detected and treated? You're right if you guessed high blood pressure, called hypertension in medical-speak.

Even though tens of millions of Americans have this problem, many aren't being treated or are being treated insufficiently. The reason is simple - hypertension has no symptoms. Nobody wants to take a pill every day when they feel fine. However, uncontrolled high blood pressure, in the long run, will wear down the arteries in your heart and brain.

You have high blood pressure if you consistently have either a systolic pressure of over 140, or a diastolic pressure of over 90 (this is written on your chart as 140/90). Usually, you find out when you go to the doctor for some other issue, and he or she notices that your blood pressure is high - say, 147/80.

This doesn't automatically mean you have hypertension; you'll usually need to return for additional checks to confirm the diagnosis. And even if you do have it, you may be able to control it by simply shedding a few pounds or running a little more often.

Regardless, you should know your blood pressure. Both Navy dental and medical facilities check blood pressure during your annual exam. If you don't remember your blood pressure, most clinics are happy to check it for you. It's quick, it's easy and it's painless. If it's high, make an appointment with your health care professional.

Ignorance may be bliss, but knowledge is healthy!

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MN022007. TRICARE SMART Website Offers Easy Access to Products

The TRICARE SMART website stands ready to help you find and obtain the TRICARE materials you need.

SMART - for Standardized Materials and Research Technology - is an online collection of the latest and most relevant TRICARE materials, including publications to inform beneficiaries about TRICARE's full range of health care programs and services.

The TRICARE SMART site provides users with a fully functional, state-of-the-art, online processing center connected to the TRICARE warehouse. On the SMART site, you can order informational materials as easily as you do when you shop on your favorite commercial website.

You can order TRICARE materials by specifying categories, such as: All Marketing Products; Active Duty; Retirees Under 65; Retirees Over 65; Recruiters; Activated Reserves; DoD/Military Leadership; Demonstration Programs; Lead Agent Support; Service Marketing Support for Army, Navy and Marine Corps; and Stakeholders' Reports.

Once you place an order, you will receive a confirmation screen that you can print out for your records.

Even materials no longer available for order may be read and printed from the SMART site.

The TRICARE SMART site is designed to provide TRICARE beneficiaries - as well as military treatment facilities, providers, lead agents and managed care support contractors - with quick and easy access to the TRICARE publications and other informational materials they need.

For more information, visit the TRICARE SMART Site at www.tricare.osd.mil/smart/index.cfm <<http://www.tricare.osd.mil/smart/index.cfm>> or call (703) 681-1770.

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MN022008. Healthwatch: Hints For A Better Night's Sleep

By Brian Badura, Bureau of Medicine and Surgery

If you find yourself falling asleep before finishing this article or nodding off during an afternoon meeting, you may owe a debt to sleep.

A sleep debt occurs when your body is deprived of the sleep it needs. Many Americans routinely feel fatigued during daytime activities because they aren't getting the proper rest.

According to a recent Gallup Poll conducted for the National Sleep Foundation, an estimated 30-40 million Americans suffer from sleep disorders that affect their health and sleep quality. More serious sleep disorders include insomnia, sleepwalking or talking and narcolepsy, or "sleep attacks."

Sleep is essential in maintaining overall health. Without the proper amount, many aspects of our lives suffer. "Too many people try to get by on less sleep than they acknowledge they need," said Richard Gelula, executive director of the National Sleep Foundation.

While much of the body gets a necessary reprieve during sleep, some vital functions are still taking place. While you rest, the body secretes essential hormones that affect growth, energy levels and metabolism.

How do you know if you need more sleep? Symptoms can include difficulty retaining information, poor judgment and irritability. Other common symptoms include dozing off during activities, frequent blinking and heavy eyelids.

If these symptoms hit close to home, don't worry. Satisfying your body's needs isn't complicated. Here are a few tips for getting a good night's rest:

- Develop a nightly sleep ritual to tip your body off that it's time for bed.
- Go to bed around the same time each night and wake up around the same time - even on weekends.
- Exercise regularly to help relieve tension and stress, but not within a few hours of bedtime.
- Cut back on stimulants like caffeine.
- Don't smoke, as smokers tend to wake up more often during the night.
- The right environment can help you get the recommended seven or eight hours of rest each night. Use heavy shades and curtains to keep the room dark. Keep the temperature between 60 and 65 degrees Fahrenheit. Use low, steady sounds like a fan to help drown out distracting noises.
- Don't overlook your mattress as the grounds for a poor night's sleep. If you wake up with pain and stiffness or get a better night's sleep when you sleep somewhere else, chances are your mattress needs to be replaced.
- Naps of 20-30 minutes are a great way to help alleviate fatigue and promote short-term alertness but don't use them in place of a good night's sleep. If you are a napper and have trouble sleeping, try giving up on them to see what happens.

Take time to give your body the rest it needs each night. Chances are you will notice a positive change in the way you feel by getting the proper amount of sleep. If sleep disorders are a problem, talk with a health care provider about possible remedies. Sweet dreams!

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Editor's Note: May is Better Sleep Month. To learn more about sleep disorders, visit the National Sleep Foundation's web site at www.sleepfoundation.org.

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